

Application No.: 10/659,237
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ABSTRACT

A vital signs processing apparatus having a vital signs detector and a vital signs processor. The vital signs detector is configured to detect vital signs of a user and comprises a first communication bus for communicating the detected vital signs to the vital signs processor. The vital signs processor is configured to process, store, and display the vital signs detected by the vital signs detector. The vital signs processor comprises a communication link to an external server and is configured to communicate the detected vital signs to the external server via the communication link. The external server is configured to determine whether the detected vital signs are within a predetermined range for the user and to generate and/or change a predetermined exercise program. The external server transfers the exercise program to the vital signs processor when the detected vital signs are outside an acceptable range for the user.